

ABSTRACT

The bachelor thesis deals with the issue of ketosis and ketogenic diets. It describes the process of formation of ketone bodies and its regulation, it also focuses on the process of utilization of ketone bodies in peripheral tissues. The goal of this thesis was to summarize the positive benefits of ketosis in the treatment of some serious diseases, its effectiveness in reducing body weight and its positive benefits in the adaptation of the human body to starvation. The work also focuses on the possible negative influence of ketogenic diets in the development of chronic kidney disease. After processing the literature sources on the problem of negative and positive aspects of ketosis on the human body, it became clear that under professional guidance, the ketogenic diet and ketosis that is associated with it have an overwhelmingly positive effect on the human health.

KEY WORDS: Ketosis, ketogenic diet, ketone bodies, cancer treatment, childhood epilepsy, ketoacidosis